

**Date:** \_\_\_\_\_

**Participant Name:** \_\_\_\_\_

**Participant ID Number:** \_\_\_\_\_

**Food for Thought Eating Well on a Budget Questions:**

**What is the best way to know if you like a food or not?**

*Answer: Try it! And if you don't like it the first time – try it again!*

**What kind of bread is healthy for sandwiches?**

*Answer: Whole wheat*

**What can eating a rainbow of different, healthy colored foods do for you and your child?**

*Answer: Make you stronger and smarter; strong bodies and minds.*

**How can food help busy families spend time together?**

*Answer: Eat together; share a meal; talk together.*

**What is the most important meal of the day and why?**

*Answer: Breakfast because it helps give you strength all day long.*

**What are some examples of foods that are healthy snacks and also colors of the rainbow?**

*Answer: Red – cherries, apples; Orange – carrots; Yellow – corn; Green – lettuce; Blue – blueberries; Purple – plums.*

**What are some ideas for a healthy breakfast?**

**What is an example of a healthy snack?**